



A Healthy Lynnfield Coalition Meeting Minutes: April 8, 2024

Present: Phil Crawford, Rob Dolan, Glenn Davis, Nick Secatore, Linda Nacara, Ron Block, Kate DePrizio, Stacy Dahlstedt, Toni Robello, Scott Formica, Diane Courtney, Heather Day, Erin Dennehy, Diana DeLeo, Peg Sallade

Guests: Darelene Kumar, Patricia Puglisi, Michael McLeod

Participants:

1) Brief welcome and introductions:

- a) **LHS Updates:** LHS Principal Patricia Puglisi and Vice Principal Mike McCleod attended the meeting. Principal Puglisi reviewed some of the LHS work for the year, including an effort to increase student engagement and voice in the school community. The School Improvement Plan is focused on MTSS (Multi-tiered Systems of Support) among other things. This may be an opportunity for A Healthy Lynnfield to connect programming to school initiatives.

2) YRBS Data Presentation:

- a) Peg Sallade and Toni Rebelo reviewed the 2023 Youth Health survey community presentation prepared by John Snow Inc. Data was reported for both Lynnfield Middle School grades 6-8 and Lynnfield High School grades 9-12. The presentation and report are publicly available on the [LPS School Website](#). Data reviewed included but was not limited to discrimination, sexual violence, bullying, mental health, substance use, school connectedness, physical activity, screentime, sleep and frequency of having breakfasts.
- b) Discussion:
 - The data on mental health was discussed at length given the significance of the numbers reported by students with female and LGBTQ students more likely to report poor student mental health. Toni Rebelo indicated that nurses continue to see students overwhelmed with anxiety.
 - Screen time was raised as an additional concern. Discussion about phone use during school time ensued with a suggestion for schools to use the pouches to have students put their phones away during school time. It was noted that AHL ran 4 programs addressing screen time this year. AHL is happy to convene as task force with the schools over the summer to continue plans to address this.
 - Overall youth substance use indicators have declined. It was noted that there is an apparent difference in data across multiple indicators when data was collected during the pandemic.

- Other points made included that student connectedness to positive adult mentors could be improved and that students would certainly benefit from that. On the positive side, this indicator is the highest it has been so far.

3) Business Updates:

- a) The Youth Council completed the Friendship Project, and the finalists' work (bookmarks) are now available at the Lynnfield Public Library as well as at the HHS and SSS libraries. A sample of the final bookmarks was shared with the group.
- b) MMM Campaign - the Centre Church Breakfast with Scouts planned for April 7 has been postponed.
- c) A Healthy Living Expo -May 18, 12 to noon on Town Common. We are doing well with both vendors and sponsorships. Stay tuned for more updates in May.
- d) Virtual Gambling Awareness seminar on April 25, 7 pm sponsored by Wakefield coalition partners. Check our social media pages for information.

4) Community Updates

- a) School: LHS Wellness Fair is this week along with the Mock Car Crash hosted by the Lynnfield Fire Department. AHL Youth Council has a table on ATOD facts. Thank you to everyone who has been participating in the public meetings with the school department.
- b) Rotary: Thank you to AHL for sponsoring a bed for Build a Bed service activity this May. The event is growing each year.
- c) Police: The Police Department and AHL hosted a Regional Alcohol Policy Enforcement Training with Law Enforcement Dimensions. About 30 police from area communities attended. It was a 2-day highly informative training, assisting police with understanding the MA law on the sale and transportation of alcohol, how to inspect licensed facilities, and various way to implement compliance checks.

5) New Business

- a) Opioid Prevention Grants (2): BSAS and RIZE-There is a request to reach out to Peg if there are any specific needs/strategies to address opiate prevention/treatment and particularly linkages to care for those needing treatment or those in recovery. There is a grant opportunity to consider, but AHL will apply **only if** there are needs expressed within the community by residents or community partners.
 - b) The Zumba fundraiser has been postponed until the fall sometime.
- 6) The meeting adjourned at 10:10.

Next Meeting: May 13, 2024, at 9 am at Market Street-Lynnfield Media Studios.

Parent/Caregiver Survey Results will be presented by Scott Formica, SSRE.